

NOZOGEOGRAPHIC SITUATION AND FACTORS INFLUENCING THEM

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Annotation. The article describes nozogeographical research, which is the main direction of medical geography, the combination and interaction of ecological-climatic, socio-economic, socio-biological, medical and organizational factors affecting the aggravation of the nozogeographical situation, as well as the medical-geographical factors that determine the health status of the population.

Key words: medical geography, nozogeography, public health, medical geographic factor, environment, socio-economic, population lifestyle.

At present, the problem of environmental pollution, issues of environmental safety of the population and regions are gaining urgent importance in the world. According to the World Health Organization, 24% of all diseases and 23% of deaths are caused by preventable environmental factors. "Negative exogenous factors around the world cause an average of more than 13 million deaths every year and one out of three children under five years of age to get sick" [11].

As a result of the globalization of the world economy and intense competition, as well as the continuous increase in the number of people, the death rates associated with infectious and parasitic diseases among people are increasing. International organizations are also paying great attention to combating these problems and ending their consequences. In particular, in the UN program for sustainable development until 2030, special emphasis is placed on the issues of ending epidemics of diseases such as AIDS, tuberculosis, and malaria, as well as measures to combat hepatitis and other water-borne infectious diseases [12]. Successful completion of these tasks requires the stabilization of non-ecological and non-geographical situations that have arisen in arid climate regions.

The government of the Republic of Uzbekistan adopted a number of decrees and decisions to improve the living standards and health indicators of the country's population, which in turn are of great importance in improving the living standards of the country's population and improving the nosogeographical situation. Globally, regionally and locally, geographic differences in life expectancy and morbidity are associated with regional variability of natural and socio-economic factors that



negatively affect the health of the population. The current direction of "Environment-health" relations, with the need to determine the causes of the connection not only with natural conditions, but also with environmental factors, as well as between population diseases and the environment, to create maps that reflect the medical-geographical situation in the world and its specific regions, the country and their development of medical-geographic forecasts for regions and, as a result, taking into account regional differences in population morbidity in the organization of the medical service system.

Medical geography is one of the unique branches of geography, which was created on the border of medicine and geography. Its main task is to study the influence of the geographical environment, as well as socio-economic conditions on the health of the population. A combination of certain natural geographical conditions and socio-economic factors should be taken as the basis of these studies. It is important to develop methods of medical-geographical zoning. Summarizing the existing definitions of medical geography, we can consider this science as a science that studies the characteristics of health factors and diseases of the population in different countries and regions, the laws of formation of regional systems that are the basis of medical-geographical regionalization. Also, medical geography is very closely connected with other areas, for example: epidemiology, parasitology, hygiene, biology, ecology, statistics, cartography, sociology and other sciences [4, 5, 10].

Serious research is being carried out on researching the main directions of correlative relationship between world geography and medical science, the environment, human health, nosogeographic situation and geographical factors, and determining the mechanisms of this relationship, the emergence of nosoecological and nozogeographical situations, and the problems of their optimization. In particular, priority is given to researching nosocomplexes as a separate category of medical geography and nozogeography, evaluating the factors influencing it, determining the distribution areas, dynamics and development of forecasts of diseases that cause outbreaks. The medical geographical situation in the regions is one of the important factors determining the development of the society and the lifestyle of the population. Solving medical geographical problems and improving public health, reducing morbidity rates and ensuring life expectancy among the population are of significant scientific and practical importance [9].

The health of the population is affected by a complex of factors that determine the lifestyle of a person, the environment, heredity and the state of the health care



system. Factors determining the health status of the population are divided into the following classification:

- environmental and climatic factors (air, water, soil condition, level of solar radiation, etc.);
- socio-economic factors (lifestyle, working conditions, housing conditions, material well-being, etc.);
- socio-biological factors (age, gender, heredity, etc.);
- medical and organizational factors (quality, efficiency, availability of medical and social care, etc.).

Taking into account the complex influence of interrelated and mutually conditioning factors on a person, this classification is considered conditional, and health depends on factors of different levels. Human health depends 50% or more on lifestyle and conditions, 20% on environmental conditions (pollution), 20% on genetic factors and 10% on health status. These factors can have both positive and negative effects on human health [2].

The environment and climate factor shows how chemical pollution of the environment can threaten the health of urban and rural residents. In addition to chemical harmful substances, the environment also includes pollutants of natural and biological origin. Biological contaminants include fungi producers, antibiotics, forage yeasts, enzymatic preparations, compound feeds, biostimulants. Natural pollutants of the environment are mainly industrial, household and transport waste. In addition, environmental stress also has a significant impact. In addition to the above, there are factors that are directly related to natural and climatic conditions and are not related to the environment, which also have a negative impact on human health [2, 6]. They have their influence in some regions of Uzbekistan, such factors include extreme (low and high) temperatures, years of low rainfall, drought, lack of oxygen, scorching heat, and an abundance of windy days with dust and dust.

Socio-economic factors are determined by the level and quality of life, which determines the risk of occurrence and development of diseases with their impact on the health of the population. These factors also affect population health, mortality and morbidity rates, and life expectancy. Health-enhancing factors include rational organization of life, abandoning a sedentary lifestyle, sufficient physical activity, social and psychological comfort, complete and rational nutrition, abandoning bad habits, and adequate medical knowledge. Deterioration of health can be caused by the lack of a reasonable lifestyle, migration processes, social and psychological discomfort, malnutrition, bad habits, insufficient level of education [3].



From the point of view of medical geography, the distribution of many infectious and parasitic diseases is also greatly influenced by population density and location system. At the same time, it should be noted that not only the location of the population, but also other factors, including the social living conditions of the population, its provision of housing, proper nutrition, customs, lifestyle, etc., also have an impact on the spread of diseases [10].

The medical-organizational factor includes the projection of laws on the social sphere developed by the state, on the protection of citizens' health, labor protection, depending on the current quality and level of life and their forecasts. The main effect of this factor is aimed at saving health resources by forming state programs and special concepts aimed at solving demographic problems and developing the country's human potential. [8].

In addition, the analysis of regions from the point of view of nozogeographical situation in medical geographical studies also has a deep meaning. Nozogeographic situation or situation is characterized, first of all, by the mortality rate of the population in a certain place or region, including the child mortality rate, the average life expectancy and the general morbidity rate, and the presence of foci or areas of certain groups of diseases. The nozogeographic situation, as a very delicate territorial system, is highly variable under the influence of various natural and socio-economic factors. Factors such as environmental pollution have a great influence on the spread of infectious diseases [4]. The nosogeographic situation, in turn, is closely related to the demographic and ecological situation. It also determines the general social condition of this region or country, the standard of living of the population. From this point of view, identification and assessment of the nosogeographical situation is of great importance in social geographical research

There are also risk factors that pose potential health risks. They act more indirectly than the direct causes of the disease - viruses, bacteria, etc., and create an unfavorable background for the onset and progression of diseases. Human biological characteristics are not more than 20% of the total volume of influence of factors on health. Social and biological factors affect a person in certain environmental conditions, their share of influence is 18-22%. A small part of health indicators (8-10%) is determined by the level of activity of medical institutions and the efforts of medical personnel. Therefore, human health is a harmonious unity of biological and social qualities according to innate and acquired biological and social properties, and disease is a violation of this harmony [6].



Thus, the factors affecting the health of the population are: ecological-climatic, socio-economic, socio-biological, medical and organizational. The state, including the health sector, plays a key role in reducing the negative impact on human health. Their task is to develop and implement a set of measures to minimize the negative impact of various factors and strengthen the positive impact that determines the health of the population. [7, 1]. Medical-geographic conditions are a combination and interaction of medical-geographical factors (ecological-climatic, socio-economic, social-biological, medical-organizational) that determine the state of health of the country's population. These conditions are expressed in indicators that reflect the natural, economic and health conditions of a certain area. Basically, the formation of these conditions occurs independently of a person, but with the qualitative development of various complex measures, it is possible to form the most favorable medical-geographical conditions in a certain area.

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